

Mindful Extension: A Guide to Practical Stress Reduction Strategies

Purpose

Mindfulness practice enables us to bring our minds back to the present moment, awake for each experience as it happens without judgment. The more we practice mindfulness in a formal way, the greater our ability to be mindfully aware during routine activities at work or at home.

Impact

Participants will learn to identify stressors and learn strategies to address stress in a more productive manner.

Mindfulness practice will improve focus, concentration and productivity at work and at home.

Set the intention to live life with purpose, clarity and commitment.

Ohio State Colleges/Units Involved

Family and Consumer Sciences
OSU Extension
College of Food, Agricultural, and
Environmental Sciences
College of Medicine

Community Partners Involved

Community Libraries
Churches
Social Service agencies in several
different counties

Contact

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